

# Twin Lakes Family YMCA - Cedar Park, TX

Effective: **5/3/2017**

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	5:15 AM	<b>BODYPUMP</b> Lisa / Studio	<b>YOGA</b> Ashleigh / SMB	<b>RPM</b> 45' (5:30am) Amy / Cycle		<b>BODYPUMP</b> Lisa / Studio		
	8:30 AM	<b>BODYPUMP</b> Carley / Studio <b>YOGA</b> Laura G / SMB	<b>ZUMBA</b> Tracy / Studio <b>CYCLE</b> Marne / Cycle	<b>BODYPUMP</b> Carley / Studio <b>POWER YOGA</b> Sharon / SMB	<b>R.I.P.P.E.D</b> Marne / Studio <b>RPM</b> Amy / Cycle	<b>ZUMBA</b> Tracy / Studio <b>POWER YOGA</b> Sharon / SMB	<b>ATHLETIC TRAINING</b> 45' Marne / Studio	
	9:35 AM	<b>BODYSTEP</b> <i>Athletic</i> Holly / Studio	<b>R.I.P.P.E.D</b> (9:45am) Cindy / Studio	<b>CXWORX</b> Carley / Studio	<b>BODYCOMBAT</b> Amy / Studio <b>INSANITY</b> Carolyn / SMB	<b>POWER STEP</b> Holly / Studio	<b>RPM</b> (9:00am) Amy/Brenda / Cycle <b>BODYPUMP</b> (9:40am) Carley / Studio	
	10:15 AM			<b>BODYSTEP</b> (10:15am) Holly / Studio				
	10:40 AM	<b>INSANITY</b> Cindy / Studio <b>HATHA YOGA</b> Sharon A / SMB	<b>BODYFLOW</b> (10:30am) Joel / SMB <b>CXWORX</b> (10:50am) Cindy / Studio	<b>CYCLE X</b> (10:30am) Tracy / Cycle	<b>BODYFLOW</b> (10:35am) Joel / SMB	<b>INSANITY</b> 30' Cindy / Studio <b>HATHA YOGA</b> Sharon A / SMB <b>CYCLE</b> (10:30am) Marne / Cycle	<b>BODYCOMBAT</b> (10:45am) Michelle / Studio <b>BODYFLOW</b> (10:30am) Joel / SMB	
	11:00 AM			<b>HATHA YOGA</b> (11:10am) Sharon A / SMB		<b>BODYPUMP</b> (11:20am) Carley / Studio		
	<b>AFTERNOON</b>	12:00 PM	<b>TAI CHI</b> (12:05pm) Louis / SMB	<b>Line Dance Beginner</b> (12:15pm) Mary / SMB		<b>Line Dance Inter/Adv</b> (12:15pm) Joan / SMB	<b>Line Dance Beginner</b> (12:30pm) Joan / SMB	
1:00 PM		<b>ZUMBA GOLD</b> (1:10pm) Cindy / Studio		<b>ZUMBA GOLD</b> (1:10pm) Cindy / Studio				<b>CYCLE</b> (1:15pm) Jana / Cycle <b>First Sunday of the Month BODYPUMP Technique Class 2:00-2:30</b> Lisa / Studio
2:00 PM		<b>Silver Sneakers Strength</b> Cindy / Studio	<b>Silver Sneakers Cardio</b> Cindy / Studio	<b>Silver Sneakers Strength</b> Mary / Studio	<b>Silver Sneakers Yoga</b> Laura / SMB	<b>Silver Sneakers Strength</b> Mary / Studio		<b>BODYPUMP</b> (2:30) Lisa/Studio
3:00 PM								<b>HATHA YOGA</b> Sharon / SMB
<b>EVENING</b>	3:45 PM	<b>FIT KIDS</b> 45' (fee based) Irais / Cycle			<b>FIT KIDS</b> 45' (fee based) Irais / SMB			
	4:30 PM	<b>BODYPUMP</b> Carley / Studio <b>FAMILY CYCLE</b> (4:45pm) 45' Ben / Cycle	<b>ATHLETIC TRAINING</b> 45' Marne / Studio	<b>R.I.P.P.E.D</b> Marne / Studio	<b>BODYPUMP</b> Jenn / Studio <b>ZUMBA KIDS</b> Irais / SMB <b>FAMILY CYCLE</b> (4:45pm) 45' Ben / Cycle	<h2>CHILD WATCH HOURS</h2> <p>Monday – Friday: 8:00 a.m. – 1:00 p.m / 3:30 p.m. – 8:00 p.m.</p> <p>Saturday: 8:00 a.m. -3:00 p.m.</p> <p>Sunday: 1:00 p.m. – 4:30 p.m.</p> <p>Our group exercise classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.</p>		
	5:15 PM		<b>SMART START BODYSTEP</b> (5:20pm) 30' Carley / Studio					
	5:40 PM	<b>BODYCOMBAT</b> Amy / Studio <b>CYCLE X</b> Ben / Cycle		<b>BODYPUMP</b> Heather / Studio	<b>MixedFit</b> Chasity / Studio			
	6:00 PM		<b>SMART START BODYPUMP</b> (5:55pm) 45' Lisa / Studio <b>POWER YOGA</b> (6:15pm) Sharon / SMB		<b>CYCLE</b> Jana Cycle <b>YOGA</b> (6:30pm) Laura G / SMB			
	6:45 PM	<b>ZUMBA</b> Liz / Studio	<b>CYCLE</b> Ben / Cycle	<b>ZUMBA</b> Brenda / Studio				

Please be aware, some GroupX classes use a strobe light. If you have medical issues that require them to be turned off, please let the instructor know before class.

**Please see reverse side for class descriptions.**

# Twin Lakes Family YMCA Group Exercise Class Descriptions

## LES MILLS BODYCOMBAT

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

Duration: 60 minutes **CARDIO**

## LES MILLS BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 430\* calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music- helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 60 minutes **STRENGTH**

## LES MILLS BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP- a full-body cardio workout to really tone your butt and thighs. Your instructor will coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620\* calories and you'll leave buzzing with satisfaction.

Duration: 60 minutes **CARDIO**

## LES MILLS CXWORX

Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sport- it's the glue that holds everything together. During the 30-minute workout your instructor will guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

Duration: 30 minutes **CORE/ FLEXIBILITY**

## LES MILLS RPM

Find your rhythm in a cardio peak cycling workout that delivers maximum results with minimum impact on your joints. RPM tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 50 minutes **CARDIO**

## LES MILLS BODYFLOW

An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

Duration: 50 minutes **CORE/ FLEXIBILITY**

## RIPPED

This total body, high intensity style program utilizes free weights, resistance and body weight, masterfully combining the components of R.I.P.E.D.— Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with (Diet) suggestions to help you attain and maintain your fitness goals in ways that are fun, safe, doable and extremely effective. Great music makes this one hour workout doable for all fitness levels!

Duration: 60 minutes **CARDIO/ STRENGTH**

## ZUMBA FITNESS

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often classes exercise in disguise.

Duration: 60 minutes **CARDIO**

## ZUMBA gold

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Duration: 60 minutes **CARDIO**

## SMART START CLASS

All SMART START classes follow the same scheduled format, however the instructor will specifically coach to the beginner level. (all levels are welcome)



In MIXEDFIT we dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. Our choreography is not complex and difficult. Our steps are repetitive and very easy to follow which means that our students can naturally increase their level of intensity during their workouts. We aim to keep our choreography simple.

Duration: 60 minutes

**STRENGTH/ CARDIO**

## INSANITY

INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

Duration: 60 minutes **CARDIO**

## POWER STEP

Take your fitness to the next level with step based choreography and intervals.

Duration: 60 minutes **CARDIO**

## ATHLETIC TRAINING

Non-stop action, focusing on strength training, cardio, and plyometrics- those explosive power moves like high-knee jumps and burpees. Working at 110% effort, followed by short periods of rest and recovery. This workout will improve strength and build lean muscle.

Duration: 45 minutes **STRENGTH/ CARDIO**

## CYCLE X

Indoor cycling class using different levels of resistance to take participants through different terrains and intensities, including a mix of core, squats, lunges, and plyometrics. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 60 minutes **CARDIO/ CORE**

## CYCLE

Indoor cycling class using different levels of resistance to take participants through different terrains and intensities. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 60 minutes **CARDIO**

## ZUMBA KIDS

Featuring kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class.

Duration: 60 minutes **CARDIO**

## FAMILY CYCLE

Join your teen for 60 minutes of Indoor cycling using different levels of resistance to take through different terrains and intensities. This class is modified for teens ages 9 – 14, and a great opportunity to spend time with your teen.

Duration: 60 minutes **CARDIO**

## FIT KIDS – Fee Based

For ages 6-13, kids will experience a full body workout following a FUN, interval, power, plyo and endurance formula.

Duration: 45 minutes **CARDIO**

## LINE DANCING

A low impact aerobic line dancing class for all fitness and dance levels. This class builds physical stamina and mental alertness while dancing to country western music.

Duration: 45 minutes **CARDIO**

## HATHA YOGA

A class designed to sling the body and mind, using correct posture and controlled breathing to increase muscle tone and flexibility.

Duration: 60 minutes **CORE/ FLEXIBILITY**

## YOGA

This Restorative Class offers participants a chance to explore and refine the basic postures, breathing techniques and mind-body connections of Yoga. It is the perfect class for beginners – intermediate level students, physical therapy patients, and regular practitioners of Yoga.

Duration: 60 minutes **CORE/ FLEXIBILITY**

## POWER YOGA

This vigorous class uses deep breathing and flowing movements to invigorate, detox and heal the mind and body. Prepare for some challenging sequences and an overall great workout building core strength, flexibility, balance and endurance. Beginners are welcome. *We recommend you bring your own yoga mat.*

Duration: 60 minutes **CORE/ FLEXIBILITY**

## TAI CHI

Originated in China as a martial art, is a mind-body practice also known as "moving meditation: practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.

Duration: 60 minutes **CORE/ FLEXIBILITY**

## BODYPUMP TECHNIQUE CLASS

This is a class to learn the basics of Body Pump. Terminology, technique, moves, tempos & range. Everything you need to know to get you started safe. This time can also be used for question you might have about Body Pump.

Duration: 30 minutes

= denotes a 30 minute class = denotes a 45 minute class

All classes and instructors are subject to change at any time as necessary.

\* Caloric expenditure and aerobic demand of LesMills programs. Lythe, J. Pfitzinger, P.Unisports Centre for Sport Performance 2000. Results may vary.